

- In response to the recommendations of the CDC, the Boulder County Public Health Department, and the order from Governor Polis closing all restaurants, breweries, and bars for 30 days, the Boulder Road Runners First Monday meeting scheduled for April 6, 2020 has been cancelled.
- The BRR Sunday Social Run that starts at 55th St. and the offices of the Bolder Boulder is also cancelled until further notice.
- The Bolder Boulder Training Program for 2020 has also been cancelled.

President's Message



As runners and members of the BRR we are social animals. As we have been required to limit our exposure to the pandemic the world is now facing each of us has to struggle with how we remain in a good mental state while trying to

maintain a healthy physical state.

Having to cancel the Bolder Boulder Training Program, the April First Monday meeting and the Sunday Social Run has put each of us in a state of isolation made necessary by the COVID-19 virus. For now all of the BRR activities will remain on hold until we get clearance to begin gathering in groups again.

We have some of the best scientific minds in the world working on this problem and I am convinced that they will find a solution quickly and we will soon be able to get outside and run together, be able to have a beer together, be able to run races again, and most importantly be able to be the social animals that all runners are.

But what do we do in the meantime? Through the years as a runner you have set goals, whether to train for a specific race, improve your overall running or just

improve your health. All of these required a plan that included a timeline, specific actions, and a dedication to do what was necessary to accomplish your goal.

I believe our current situation can be handled the same way. From now until we get an "all clear" or at least a reduction of restrictions, we will continue to be the social people we all are. Let's set the following specific actions as part of our "training plan":

- At least once a week call a runner friend or family member that you are separated from at this time. Catch up and talk about future activities together.
- Continue to run outside if you can and still be able to keep a safe distance. I have seen the bike paths and trails become heavily travelled in the afternoons so plan to go early.
- If you have access to a treadmill then plan to run inside. Music or movies help.
- Sign-up for one of the virtual races that have popped up in the last couple of weeks.
- If you are a spiritual or religious person then participate in online gatherings and read books that inspire you.

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Boulder Road Runners

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President's Message, *continued*

Create a plan to get through the current situation.

- Let's set the date of Sunday, May 3rd, at 9:00 AM (hopefully the date when we can reinstate our Sunday Social Run) and commit to coming together and run. Even if you don't normally attend this run plan to come out and celebrate being able to run together again.

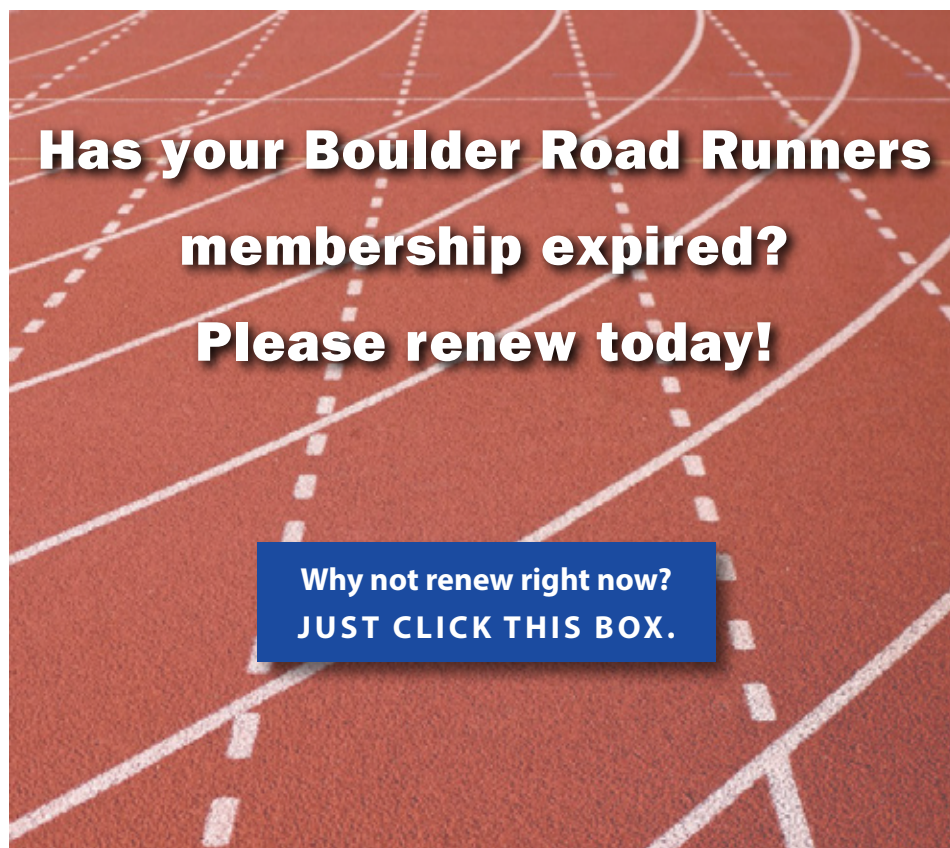
Runners are some of the mentally and physically toughest people that I know. I will leave you with this partial quote from

Bruce Courtenay:

*The power of one is above all things
the power to believe in yourself, often
well beyond any latent ability you
may have previously demonstrated.
The mind is the athlete....*

We will get through this together.
Strong mind, strong body.

—Will Dillard, President



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Runner's Edge Ramblings

Some common sense recommendations from Kansas City newsletter *The Runner's Edge*

by Eladio Valdez III

Monday mornings have been a time for me to enjoy running with a great group of human beings. In light of what's been going on, I simply asked who felt comfortable with meeting and all five of the regulars said they planned to show up. So, the six of us stayed in our cars until just before the start, got out to do our individual warming up exercises while spreading out more than normal and headed out, quickly dividing into groups of two while spreading out all across a dead-end road (it was a 3.2-mile out and back loop which we repeated). It was a much needed reprieve from the heaviness of the past several days and recharged our batteries for the days to come.

I think it's important to adhere to the government's guidelines but to balance that out with doing what you still safely can to relieve stress and regroup for the next round of stress.

Sports Medicine Physician Dr. Jordan Metz's latest *IronStrength* newsletter contained some informative and helpful articles about what we can still do about the coronavirus as it relates to our exercise habits. If you don't already do so, I recommend subscribing to his newsletter. I will summarize three take-away points from these articles that should provide you with hope on how to better handle the stress of what's gone down so far and what will happen for the foreseeable future.

1) Kate Vergara, a public health and infectious disease specialist based in Chicago and New York City, has spent time fighting polio in Ethiopia and helping Ebola survivors in Sierra Leone (without contracting either disease). In order to even begin to approach the ethics of social distancing, she says, we must have a firm grip on how the virus is spreading.

"Covid-19 is not airborne," she says. **"It**

is transmitted through droplets—being coughed on, or touching something that someone coughed on, for example, and then touching your face and allowing that pathogen to get into your system through your eyes, nose, or mouth."

Common Sense Observation:

If you're coughing for any reason and especially if you have a fever, stay away from everyone as much as you are able.

However, given that droplets quickly fall to the ground indoors (as a result, the 6 foot rule is pretty safe) and are also dispersed more quickly to inconsequential amounts outdoors, especially if you and those around you are moving, whether running, biking, or walking, it is possible to still do what you enjoy with others while playing it super safe, especially if you head outside vs. indoors, move together vs. remain stationary and avoid sharing things or touching common surfaces (i.e. everyone carry their own fluids and whatever else they'll need) as well as avoiding any kind of physical contact with each other (no high fives, fist or elbow bumps, hugs, handshakes, etc.).

Of course, the smaller the group (10 or less to stick with the latest guidelines), the better, as it'll be easier to spread out and subdivide into even smaller groups. Carrying a baggie of disinfectant wipes to wipe down common surfaces you may use, like restrooms, is also an effective preventive measure.

Lastly, a courtesy note from here on out (long after the coronavirus is gone) to everyone else that sneezes and snot-rockets: either move way off to the side or fall behind the person/people you're running with (or downwind in whatever direction you need to) to do so. The rest of us do not like to experience your 'spray'!

2) Dr. Richard Hobday, an internationally recognized authority on environmental health in his *medium.com* article states that **"Put simply, medics found that severely ill flu patients (from the 1918 influenza pandemic) nursed outdoors recovered better than those treated indoors. A combination of fresh air and sunlight seems to have prevented deaths among patients and infections among medical staff. There is scientific support for this. Research shows that outdoor air is a natural disinfectant. Fresh air can kill the flu virus and other harmful germs. Equally, sunlight is germicidal and there is now evidence it can kill the flu virus."**

Common Sense Observation:

Up front, I AM NOT saying that the outdoors can kill the coronavirus. What I AM saying is that being outside has its benefits, especially when we are being told to social distance and self quarantine indoors as much as possible. I think what is missing from this public stance is that it is assumed that when people get together, they will be doing so in close quarters indoors with almost non-existent ventilation while being stationary (standing and/or sitting). What about being outside (with supreme ventilation) and moving (vs. stationary) in small groups (vs. large groups such as races)?

In any case, being outdoors will mean different things for different people—it might mean sitting out on your deck, taking a walk by yourself or with your loved one or it might mean meeting at a park with a few of your running buddies (while telling anyone who is coughing to stay home or at least keep their extra distance) to get the combined mental and physical health and social benefits. This is far safer than sitting down or standing around in any indoor setting to the extent you need your social

Runner's Edge Ramblings, *continued*

Son of Groucho, FlickrCC

fix. It's been well established that social isolation brings with it a host of detrimental health effects. Well, here's a safe way to meet those needs!

3) **With all the relentless news alerts, it's easy to feel overwhelmed, anxious, and scared. "We need self-care more than ever,"** says LaMar Hasbrouck, a public health physician and past medical epidemiologist with the CDC. **"It's important during these times to hold fast to any sense of normalcy that you can."**

Common Sense Observation:

This stress is not going away anytime soon. Try to pace yourself with the amount of coronavirus information you can handle. It will be different for each of us. Someone will need to take a break from reading all the latest info on the virus and maybe scale back to once or twice a day. Others won't be able to do that so will need to do more to recharge their batteries through all sorts of things such as prayer, meditation, watching a movie, going for a run or walk, sitting out on your deck, spending time on their chosen hobby, listening to music, or simply talking it out with others.

Try to take care of you so you can take care of others. Become more a part of the solution and less a part of the problem.

If part of your normalcy before all this hit was to enjoy your weekly run with your running buddies/friends, figure out ways to enact the social distance parameters (avoiding physical contact, not sharing anything or touching the same surfaces, spreading out more while standing around before and after the run) and ask everyone to be accountable (avoid showing up if they are coughing, have been sick in the past two weeks, or will be around someone in the next two weeks with



A model of social distancing.

a compromised immune system from chronic ailments like asthma, diabetes, cancer, hypertension, etc.).

I would also strongly recommend starting slower and running more relaxed for preferably 30–90 minutes to provide the maximum boost to your individual immune systems while avoid suppressing your immune systems with hard workouts longer than one hour or runs longer than two hours. Those focused on training can still stick to their plans for these types of workouts but compensate by practicing responsible social distancing as much as possible for 1–3 days after these harder runs to allow their immune system time to return to normal functioning.

Be safe, take care, hang in there, and find your good enough balance!

—Eladio Valdez III

Editor's Note: Eladio added this message when he kindly granted permission to reproduce this article:

Please know that this was written before the KC metro was put under a 'stay at home' order. As a result, I now recommend that people still get out but do so on their own until the order is no longer in place.

About the author: As running coach and director of The Runner's Edge Training Program since 1997, Eladio has helped hundreds of runners and walkers achieve their goals. Since running consistently beginning in 1982, he has completed many 5Ks to marathons along with three Boston Marathons including the 100th in 1996. His education includes Bachelor's Degrees in Exercise Science and Health Education at the University of Kansas.

www.runnersedgekc.com

Sleep to Recover from Hard Exercise

Naps are good.

from Dr. Gabe Mirkin's *Fitness and Health e-Zine*, March 22, 2020

Sleeping can help to prevent exercise injuries. Healthy U.S. soldiers in training are less likely to suffer exercise-related injuries such as fractures, sprains, and muscle strains when they sleep at least eight hours at night (*Sleep Health*, February 13, 2020). Compared to soldiers who slept eight hours a night, those who slept for fewer than five hours a night suffered double the rate of injuries. The average college athlete gets 6.5–7.2 hours of sleep each night (*J Sci Med Sport*, 2014;18), and increasing their sleep duration to eight or more hours per night improves performance in many different sports (*Sleep*, 2011 Jul 1; 34(7): 943-950).

Athletes who train for competition in sports that require endurance learn sooner or later that after exercising long and hard, they feel sleepy and need to go to sleep to recover (*Eur J Sport Sci*, 2008;8:119-126). Older people may need even more sleep after intense exercise than younger people. If you don't get lots of extra sleep when you do prolonged intense exercise, you don't recover as quickly and are at increased risk for injuring yourself. It works both ways: regular prolonged exercise helps insomniacs fall asleep more quickly (*Sleep Med*, 2011;12(10):1018-27; 2010;11(9):934-40). Sleep is necessary for healing your brain and your muscles (*Front Physiol*, 2014 Feb 3;5:24).

You sleep to catch up on the energy that you lose being awake, both moving and thinking. Your brain uses more than 20 percent of your total energy, and the energy supply to your brain and nerves is regulated to a large degree by a chemical called ATP (*Front Neur*, Dec 27, 2011;2:87). When you are sleep deprived, levels of ATP drop (*Prog Neurobiol*, 2011;95:229-274), and when you go to



Catch those Zs wherever you can.

sleep, brain levels of ATP rise significantly (*J Neurosci*, 2010;30:9007-9016).

Get Off Your Feet

- Athletes in intense training recover faster by getting off their feet after they finish their hard workouts and not even walking around until it is time for the next day's recovery workout.
- Intense exercise damages muscles, which causes your pituitary gland to produce large amounts of human growth hormone (HGH) that helps to repair injured tissues, and you produce the largest amounts of HGH when you sleep. A ninety-minute recovery nap after you exercise also improves your ability to reason and think (*Sleep*, April 12, 2019;42(1):A71-A72).
- Runners who slept after a morning workout were able to run much faster all out in the evening (*European Journal of Sport Science*, May 31, 2018;18(9):1177-1184).

- Napping for more than 20 minutes after exercising improves mental preparation for subsequent performance (*Sports Med*, 2018;48:683-703).

Excessive Napping Can Signal Health Problems

Napping is healthful unless a person's brain or heart is damaged so they require a lot of extra sleep (*Heart*, Sep 2019;105(23):1793-1798). People who take naps lasting longer than two hours are far more likely to suffer serious heart disease than those who take shorter naps or no naps at all (*Sleep*, 2015;38:1945-53), and people who nap longer than two hours have increased risk for diabetes as well as for heart attacks (*Sci Rep*, 2016;6:1-10). Excessive total sleep time appears to be a marker for serious heart disease and brain disease. Those who take daytime naps in addition to sleeping more than six hours every night are more

continued on next page

Dr. Mirkin, *continued*

Sleep to recover.

likely to suffer heart attacks than nappers who sleep less than six hours at night (*Eur Heart J*, 2019;40:1-10).

Signs of Overtraining

A regular exercise program is supposed to make you feel good, increase your energy level, and help to control your weight, but exercising too much can affect your brain as well as your muscles. Athletes and dedicated exercisers often suffer from an overtraining syndrome in which their performance drops, their muscles feel sore and they are tired all the time. You may be exercising too much if you:

- feel irritable, tired during the day and unable to sleep at night

- lose your appetite
- see no improvement in your athletic performance over an extended time
- feel no enjoyment from exercising
- have frequent colds
- have persistent muscle soreness

In particular, muscle soreness on one side of your body or localized discomfort in one part of your body are major signs of an impending injury.

My Recommendations

Getting enough sleep is just one of the keys to recovery from intense exercise.

- Immediately after a hard workout, eat

whatever sources of carbohydrates and protein you like best. I eat oranges and nuts to help me recover faster for my next workout.

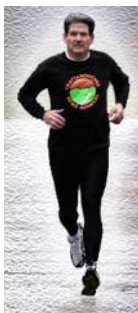
- When you are training properly, your muscles can feel sore every morning. If they don't feel better after a 10-minute warmup, take the day off.
- If you feel pain in one spot that does not go away during a workout, stop that workout immediately. Otherwise, you are likely to be headed for an injury.

Reprinted courtesy of Dr. Gabe Mirkin. More of his articles can be found on his website, www.drmirkin.com/.

FROM DA' COACH

Your Race Was Canceled or Postponed, Now What?

from Coach Will Dillard



If you were training for the Boston Marathon in April which has been postponed until September 14, 2020 or the Bolder Boulder in May which has been postponed until September 7, 2020 you have just been given a huge training block to prepare.

Take this time to honestly assess where you are in your training and develop new training blocks for Endurance, Speed, Peaking, Tapering and Racing.

If you were training for Boston then you were probably about to do your last longest training run before you began your taper. Instead of running that distance drop back

to the previous long distance and use that as a maintenance run. With more than 5 months until Boston you can find another marathon about 3 months out and use the 12 weeks to work on improving your speed.

Since you are already at a high level of fitness use the first 3 weeks to maintain total miles. Take the next 6 weeks to do some track intervals, tempo runs and pace miles. Use the last 3 weeks to taper and recover then run the marathon, not as an all out effort, but at a 90% effort to establish a marker for the remaining 2 months before the Boston Marathon. If you view this extra training time as a plus and not a minus then you will be successful in your goals.

If you were training for the Bolder Boulder you were probably just getting started. You

can continue to train for the 10K distance but look for a race that will take place in June. By then, hopefully, we will be past the COVID-19 virus and will be able to race again.

Use that race as a marker to access your conditioning and then spend the next couple of months building toward the Bolder Boulder.

If you were training for any of the other races that have been canceled look for another event later in the year, but keep running as much as is safe. I am willing to help devise an alternate training plan for anyone who needs a little guidance.

Make sure whatever training that you do is within the CDC prescribed Prevention Guidelines (Click [HERE](#).)

How to let go of what you can't control—learning the art of surrender

from Terry Chiplin and activacuity



“You must learn to let go. Release the stress. You were never in control anyway.” —Steve Maraboli

There is so much uncertainty at the present moment in our World. So many things are in a state of flux, with anxiety levels on the rise as we try to control many factors that are absolutely not in our control. It's at times like these that the reality of how much we think we have control over is brought into focus, and gives us an opportunity to instead take responsibility for those things we can control.

At this moment many races and sporting events around the World are being canceled—as I write this the London Marathon has announced they are postponing the 2020 race until October this year. At this moment public health is a top priority. The best you can do if a race you have entered has had to cancel is to look for new opportunities and find silver linings.

This entire situation has reminded me of the importance of being able to let go, release the stress and anxiety, and learn to surrender. Having said that, we all tend to be control freaks in different ways, and while this process is easy to contemplate, it can feel like a huge struggle in practice! Of course we also have those darn cognitive biases that are ready to trap us as well, with negativity bias being a strong influence at times like these.

Surrender is often seen as the ability to



Fredrik Rosén, FlickrCC

stop fighting, and to stop resisting and pushing against reality. As a coach, one of the techniques that we have used with great success with runners is to change the way they perceive uphill running. Instead of trying to fight against the hill, gravity, the belief that you're not strong enough, and any other weight that you feel like you're carrying, you can instead decide to put yourself in a place where you no longer fight, and instead can flow, and that completely changes your experience of that hill! Surrender is not about inaction, it's about taking a different course of action from a perspective of having chosen to surrender.

One way to run a quick cross check on our state of mind relating to control is to ask ourselves a few key questions. Our friends at Tiny Buddha recommend three key questions that we can ask ourselves:

1. What am I afraid will happen if I let go of control?

Once you have found the root fear, and asking yourself why three times is a great

way to get to the REAL root of the problem, then question its validity. It may be frustrating that the race that you have been training over six months for is postponed, however, a healthy dose of perspective can open up the possibility of finding a silver lining in this situation.

2. Whose world are you trying to control?

If you're really trying to control factors that are in someone else's world, and not yours, this is likely to not go well.

3. Consider this: Would letting go feel like freedom?

Inevitably most times it will. Imagine how your day, your week, your month, your life, would be if you loosened your grip and let go.

Letting go can often be a hugely empowering decision to make. We hope you found these concepts and tips useful, and wish you and your loved ones and friends good health in these uncertain times.

One of the services we can provide is an interview to highlight how you could benefit from letting go of control in your running life. This can make a huge difference in your life, and literally take a weight off your shoulders. Contact us to find out more:

Visit www.activacuity.com, or contact Terry Chiplin at terry@activacuity.com.

MASTERS OF SPEED

News from Boulder Road Runners' Elite Racing Teams

MEN'S 60+ TEAM

Paul Nicolaides Joins the Team

from Bruce Kirschner

Bruce emailed a series of questions to the team's newest members. Here are Paul Nicolaides' responses.

Where were you born and where did you grow up?

I was born in Waltham, Massachusetts and I grew up in Gorham, Maine. Both parents, Kimon and Clare, were New Yorkers. We were shuttled back and forth to the Bronx for several years while my parent's marriage came to an end. Dad got the car and headed for the West Coast; Mom got the house and seven children to raise. We were raised well and, yes, it does take a village. We grew up in a small college town playing baseball, basketball, and running cross country. Summers in Maine were great: running through the woods, swimming at the Dundee Dam, and smelling the salty air of Scarborough Beach. Winters were long and cold, but we made the most of it: shoveling driveways, building snow forts, and jumping off the school roof into piles of drifting snow.

What brought you to Colorado?

My wife's daughter and husband moved to Colorado to work at Suncor and we followed them within weeks, arriving in mid-September 2014.

Where do you live now?

We live in Aurora, Colorado in the Murphy Creek (Golf) Subdivision.

What do you do for a living/professionally?

I am a Special Education Teacher in the Bennett School District. I am in my sixth year working with 7th and 8th graders. From 1993–2004 I served as both a cross country coach and



Paul running the Labor Day 5K in Parker, CO last year.

Special Education teacher in San Antonio, Austin, and Corpus Christi, Texas.

Tell us a little about your immediate family.

I took a year off from teaching to manage Roger Soler Sports, a running specialty store in Corpus Christi, from 2004–2005. That first year in Corpus Christi I met Lupita, my wife. It took me a while, a couple of years, to realize that my best friend should also be my wife. I spent summers in Maine and she spent summers in Veracruz, Mexico. We e-mailed each other. I stayed with my Mom and she stayed with her Dad. We refer to those years as the time when "we were nothing." But one summer I came to my senses and returned to Corpus Christi for another school year with a plan. I asked her to go with me to a movie. On that short walk to the theater in the 100 degree Texas heat of the moment I reached over and took her hand and we walked hand-in-hand for the first time. We were married the

next summer on June 20, 2009. We were soon blessed with two beautiful grandsons. We are all inseparable.

Tell us about your running career.

Maine has its fair share of stellar long distance runners. I was not one, but the field was crowded. I placed 9th in the high school Class B State Championship while Bruce Bickford, future Olympian and Pan American 10,000 meter record holder, cruised to victory in the Class A race. Running was a seasonal event and always something I turned to when I wanted to burn off some steam. Somewhere in an old scrapbook there is a picture of Bickford and I holding our trophies after the Westbrook Rotary Club 3-mile road race in the spring of 1974. Bruce won the race, I got a trophy for being the first Gorham finisher, a distant 7th. However, I was always a pretty good coach of distance runners because I had good coaches. One coach was Dean Evans, "Mr. Cross Country" of Maine. He was known to us all as simply "Dean." His 20-year career once landed him on the back pages of Sports Illustrated for 18 county championships, 7 regional titles, and 5 State Championships. I was on his last team to win one. My junior high and high school running career coincided with one of the longest consecutive (90) cross country winning streaks over 7 years. Back then we raced twice a week in dual and tri-meets. We dominated. One photo in my freshman yearbook showed 11 runners running hand-in-hand across the finish line. My senior year coincided with Dean Evan's final (20th) coaching season. Ken Finlayson and I were the last of the golden boys of Fall. We placed one-two or two-one in every race. But the streak ended. After six years of never losing in head-to-head competition we ran one-two, but Cape Elizabeth High School finished 3, 4, 5, 6, 7th. I got to witness a historic moment firsthand. Oh, the sting. Oh, the shock. On the eight-mile bus

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ride home I was numb. The headlines in the *Portland Press Herald* the next day brought little comfort. Dean was always gracious in defeat, he went on to a distinguished career as an Athletic Director. I coached for him myself for two years (1981–1982): cross country, basketball, and back-to-back girls' track state championships. Just a couple of years ago at Mom's funeral I got to visit Dean. One year later the high school gymnasium was filled to overflowing for Dean's funeral.

When did you start running and why?

Our dynasty was over and my running career went nowhere fast. I went to college and played four years of small college basketball at the University of Valley Forge. I was a gym rat running on and off. Skip forward several years to San Antonio in the 1990s. I started running year-round and hooked up with the Roger Soler Sports running store, participating in their Tuesday, Thursday, and Sunday group runs. I first found myself running to get in shape to referee basketball, but soon I was doing something I had never done: I was running all four seasons. A couple of summers in Maine I ran and trained with friends Bob Winn and Christine Snow-Reiser, the Maine contingent of the Boston Athletic Association (BAA) track team. On Tuesday evenings during summer we drove 1¾ hours to train on the MIT track with the BAA track club. That's when I got the thought of running a marathon. At age 41 I returned to San Antonio and trained for the Boston Marathon. Many runners in our Tuesday night group were training for the San Antonio Marathon to qualify for Boston. I stayed close to that group. In 1998 at age 42 I ran Boston, and placed 229 with a

time of 2:42:55. Now when people ask me what my marathon time is at least I have one.

During this time I was volunteering with the Tom C. Clark High School cross country team. After four years I took over as the head coach. Every morning at 6:30 am we had 30 girls and 30 boys for daily workouts. The boys team won the Texas Region IV 5A Championship in 2000. They were ranked 15th in the nation by DyeStat (note: DyeStat.com is a website self-described as "The Internet Home of High School Track & Field") when DyeStat was a one-man show. Texas was a great fertile land for running year-round.

What do you consider your favorite race?

I prefer longer races: 10k, 10 miles and half marathons work best for me. I have many favorite races, but my top four races would be, in ascending order: 4) Yarmouth (Maine) Clam Festival 5 miler (July)—it's where Joan Benoit runs past you and shakes your hand at the finish; 3) Sunmart Trail 50K/50Miler in Huntsville, Texas (December)—lots of swag and beautiful bronze mustang age-group awards; 2) Beach to Bay Marathon Relay in Corpus Christi, Texas (May)—great comradery with a 6-member team and a great post-race party; 1) Bolder Boulder—nothing compares to the setting, the finish, the post-race festivities, and the chill and tingles you get when the elite runners enter Folsom Field. Wow! There is no place on earth I'd rather be than the Buffalos' stadium on Memorial Day. There's no place on earth like it.

What is your favorite race distance? What is your personal record (PR) at that distance?

The marathon, but not the out-and-back kind. My marathon PR was at the Boston Marathon in 1998: 2:42 for 229th place overall.

What are some future running/racing goals?

This past year I ran two marathons after a nine year gap: Cheyenne Marathon in 3:22 for 5th overall and the Marine Corps Marathon in 3:18 for 1st place out of 472 in the 60–64 age group. They were both fun. I am running much slower now but enjoying it perhaps even more. This year I am going back to Boston for my 4th turn. I like how the date, 4-20-2020, adds up to my age, 64. I would like to show up healthy and make a push to get under 3:10. I am also running the Leadville 100 Trail Run this coming August with my son-in-law—I just won the lottery and got in. I would also like to repeat as an age group champion at Bolder Boulder this May and get into one or two USATF Masters Grand Prix events and contribute to the BRR M60+ team.

What are your thoughts about being a new BRR M60+ team member?

Honestly, it is a little intimidating, but I am sure the added pressure will be a good thing. I hope to stay healthy and enjoy this time meeting new friends. My wife and I left behind a close-knit running community in the Corpus Christi Road Runners. I served on the board as the equipment manager and worked with 15 to 20 race directors in the Bay Area setting up finish line chutes, timing races, and figuring out results. We also were co-race directors for the annual American Bank Half Marathon. I hope to make new friends and do my part.

We love Boulder already, so being part of the M60+ running team gives me a good incentive to keep the trail warm.

USATF 2020 Masters Grand Prix Championship Races

April 26, 2020	USATF Masters 10 km Championships	Dedham, MA	CANCELLED
August 22, 2020	USATF Masters 1 Mile Championship	Flint, MI	HAP Crim Festival of Races
September 27, 2020	USATF 12 km Championships	Highlands, NJ	By Hook or by Crook 12K
October 18, 2020	USATF Masters 5 km XC Championship	Boston, MA	
Nov 8, 2020	USATF Masters Half Marathon Championships	Syracuse, NY	

MORE MEN'S 60+ TEAM

BRR Men's 60+ Team Captures Second Place at USATF National XC Championships, January 18, San Diego, CA

from Bruce Kirschner

The Boulder Road Runners Men's 60–69 team composed of Jay Littlepage, Jack Pottle, Chuck Smead, and Dan Spale took second place out of nine other age group teams from across the country in their second outing of the USATF Masters Grand Prix national championship race series. San Diego's Mission Bay Park hosted the 8-kilometer race course under fair skies, temperatures in the high 50s, and little wind—perfect conditions for cross country racing. USATF "Running Professor" Paul Carlin described the Men's 60–64 age group race as "one tough podium battle!" with our own Dan Spale taking the bronze medal in 32:50. In his USATF debut with the team, Jack Pottle won second place in the Men 65–69 age group in 35:49. Team member Jay Littlepage was the second team member to finish in 34:20. Fourth team member Chuck Smead reported feeling fine before race and described the course as "mostly flat with four little 30-meter hills" and the course "just a hair muddy." He was doing fine until the last uphill when he "stepped in a hole, lost all power on my left side, and couldn't run another step." Unfortunately, Chuck was then out of the race for good. Ironically, the only team to surpass the BRR men was Athletics Boulder, another local Colorado team.

Meanwhile, Mark Tatum, less than two weeks from turning 60 years and joining the BRR M60+ team, was top BRR finisher that day in 31:34, which was still good for 5th place in the 55–59 age group and 40th place overall in a field of 141 runners age 40 and over, certainly the most competitive Masters field in the U.S.

According to Jay Littlepage, USATF San Diego "was my first XC race and I had a blast. Weather conditions were perfect, the course was soft and a little slow, but I liked all of the turns and small hills. I ran pretty much the best race I had in me—a little fast on my first lap but then settled in to a really good rhythm right on Rick



San Diego Men's 60+ team, *left to right*, Dan Spale, Jack Pottle, Chuck Smead, and Jay Littlepage.

Bruess's [from the Athletics Boulder team] shoulder where I stayed until he picked it up and gained about 10 seconds on me at the start of the last lap. All in all a great experience and I'm already looking forward to San Francisco."

Jack Pottle, one of the team's newest members, chimed in with Jay, "great fun on a perfect day and enjoyable course. My sense is the course may have been a bit long. I noticed both Dan and Rick ran really well but were 1–3 minutes slower than at Bethlehem [Pennsylvania on December 14], suggesting some distance difference, but hey, it's cross country. I was happy with my race. Went out about 15 seconds faster than I wanted on the first lap and then slowed 15 seconds per lap for the last three. Fortunately those around me were slowing at the same rate so I more or less held my place. My hamstring felt fine but my lack of quality training the past couple of months clearly came into play, as evidenced by



Boulder Road Runners on the course: *left*, Jack Pottle, *right*, Chuck Smead.

my slowing pace as the race went along.

"I was surprised by a 60–64 runner from Shore AC who passed me with about 70 meters to go. Fortunately I had enough left to accelerate and edge past him (two tenths of a second!) at the finish. Fun day, appreciate the camaraderie and support of the other BRR runners, and looking forward to more."

AND EVEN MORE MEN'S 60+ TEAM

Coronavirus Pandemic Panic: What's a Runner to Do?

from Bruce Kirschner

The start of the coronavirus pandemic began innocently enough for me. I had registered for the New York City Half Marathon, which is held in mid-March each year, way back in November. This was going to be my major race for the first half of 2020. My race training planning was methodical and meticulous. High weekly mileage on local trails. Check. Long runs up to 18 miles every 9 days. Check. Interval work on the track and tempo runs twice a week. Check. A hill repeat session a couple times a week. Check. Down to my usual racing weight. Check. A new pair of Nike Vaporfly Next% racing flats. Check. But after months of plain hard training the event was cancelled only five days before it was to occur by its New York Road Runners club organizers. It became one of the very first large international races to be canceled or postponed. Plans for the trip from Colorado to the East Coast were promptly and sadly abandoned. The most disheartening part was thinking that all of my time and energy invested in training had been wasted. Ugh!

In stark contrast to most national governments, race directors all over the world immediately saw the need to avoid large social gatherings. This was a major wake-up call for me. My entire adult life has centered on running and racing. As an obsessive-compulsive serial goal setter in my personal and professional lives, what would a new world absent races and the personally defined goals associated with them look like?

Striving to stay connected

The seriousness of the pandemic is only increasing. So what's a serious competitive runner to do? Our Boulder Road Runners Men 60–69 USATF Masters Grand Prix national championship racing team has already been working on this. Newest team member Adam Feerst announced back in January that he was creating a Strava run tracking app group for use by all interested team members. According to the company, Strava means “strive” in Swedish. Their website and apps enable iPhones, Android phones, and GPS watches to become sophisticated running and cycling computers. By starting Strava before an endurance activity like running one “can track their favorite performance stats, and afterwards, dive deep into your data.” It “is the social network for athletes. Record an activity and it goes to your Strava feed, where your friends and followers can share their own races and workouts, give kudos to great performances and leave comments on each other's activities.” The Strava app seems to offer pretty cool capability for our team to track our own workouts and share with our teammates. A number of team members have already joined. Time will tell how Strava

can bring us together in challenging, socially isolated times like now.

Virtual Michigan anyone?

Prior to the pandemonium just a few weeks ago, team member Roger Sayre had proposed that interested team members meet up at Bear Creek High School in Denver one Saturday in late March for a group “Michigan Workout.” This workout is a high-end fartlek alternating between increasing race paces and tempo/threshold efforts with a bit of recovery between each rep. The standard is: 1600m at 10K pace (on the track); 1 mile tempo (on the road); 1200 m at 8K pace; 1 mile tempo; 800 at 5K pace; 1 mile tempo; 400 at 1 mile pace. I got tired just thinking about this workout. Once the threat of an impending pandemic started becoming clearer to everyone Roger suggested that we hold off on the originally planned standard shoulder-to-shoulder Michigan Workout meeting. As Roger put it, “Let's delay this. I'm up for some virtual racing and maybe even a virtual Michigan on the date we planned it. I want to do a time trial 3K or 5K the weekend of April 5 and an 8K on the weekend we were supposed to go to Dedham [April 6] and of course a 10K

on Bolder Boulder [Memorial Day] weekend. So we could just run our events and submit a time. I'm not sure if I'll do these on a track or a measured course somewhere...”

So nothing is stopping the BRR M60+ team from training and racing, if only “virtually” for the latter. Why not let our imaginations run wild and turn lemons into lemonade? When the going gets tough, the tough get going!



M60+ team after a group run at Barr Lake State Park on January 11, 2020. *Left to right:* Bruce Kirschner, Jay Littlepage, Adam Feerst, Doug Bell, George Braun, and Bill Dunn.

WOMEN'S 60+ TEAM

Women Take Silver in San Diego

from Virginia Schultz

Pushing our way up the podium in San Diego: The W60 Team of Nancy Antos, Sara Cohen, and Lorraine Green raced Januray 18, 2020 at the USATF XC Championships finishing a step up the podium from the W60 October results with a Team SILVER! Way to get it done on the grass, BRR! We are all on the way to a strong 2020 season, that will hopefully resume this Fall!

Next up **WAS** to be the USATF Masters 10k Championships with Edie Stevenson, Betty Aga, Nancy Antos, and Virginia Schultz taking to the roads in the James Joyce* Ramble in Dedham, MA on April 26.

*"I go to encounter for the millionth time the reality of experience..." but, alas we will not encounter the reality of that experience this year.

SURROUND yourself with
BEAUTY, NOURISHMENT, POETRY, MUSIC, a
CROWN of SOLITUDE...

~ V Schultz, March 17, 2020



BRR Women's 60+ Team on the podium in San Diego. *In white, from left to right: Sara Cohen, Nancy Antos, and Lorraine Green.*



MEN'S 70+ TEAM

**Men's 70+ Team Member Jan Frisby
Shares His Background***from Jeff Dumas**Jeff put these questions to Jan via email. Here are Jan's responses.***Where were you born and where did you grow up?**

I was born in Melbourne, Australia, strangely enough. My father was with the First Marine Division in Guadalcanal. After that campaign they spent much of 1943 in Australia, recuperating. First night in town, he met a little Aussie lady, asked her out, and proposed on the 3rd date. Later, I came along. After the war Mom and I moved to Dad's home in southern Illinois. When I was 15, Dad, an Exxon employee, transferred to Cortez, Colorado. So, I've spent the bulk of my life in Colorado.

**Where did you go to high school and college?
Were you a runner back then?**

In high school, I won the Colorado 880-yard state championship, setting a state record in my classification. I was also co-captain of a state championship basketball team and first-team all-state tournament selection. Frank Potts called the house after the state track meet offering me a track scholarship to CU, which I foolishly turned down—preferring a small-school basketball scholarship. Ironically, I spent little time playing basketball as my first school, Colorado Mines, red-shirted all freshmen in those days. After transferring to Fort Lewis College, I played only one year as the scholarship paid only tuition. Being a poor kid, I worked at gasoline stations and in the oil field to fund my education. My talent was in running, but the crowds were at basketball games. Unfortunately, I did little of either in college.

What did you do for a living?

I spent 34 years in the classroom teaching high school mathematics, English, and social studies. I was also a head basketball coach, track coach,



Jan in a photo taken about 25 years ago for *Running Times Magazine*. It was for an "Age-Group Ace" article, a monthly feature of that publication. It was published some time after his 1994 USATF runner-of-the-year award. With the snow on Mt. Garfield in the background, he's guessing around winter of 1995.

cross-country coach, and occasional football coach. Most of my teaching career was on the Western Slope at Paonia High School, Palisade High School, Grand Junction High School, and in my hometown, Montezuma-Cortez High School. I did have a brief stint at Liberty Christian High School (1970–1973) in San Jose, California where I ran for the West Valley Track Club. After I retired, I spent most of the next two years at Fruita-Monument High School because of a math teacher shortage (note: three of these high schools are in the same school district). I loved the kids and my profession. It was difficult to retire.

Please tell us a little about your family.

I have a son, a daughter, eight grandchildren, three greats (a fourth on the way), and my wife of 54 years, Linda, who is a three-time USATF

age-group champion runner. When I was away for a few years from local races and met other runners, they consistently replied, "Oh you must be married to, Linda, the runner."

Please tell us about your USATF running career.

I continued running and racing for many years, and one day read about the "weak" 50–54 age group in USATF masters running. There were not many of us born during the war, making that age group "weak" I suppose. I told my wife Linda, "I think I can change that." I started entering USATF national championship events, winning five in 1994 and six in 1995. I was selected 50–54 age-group runner of the year both years and, in 1999, was 55–59 age-group runner of the year. I took nearly a decade off from USATF competition to take care of aging parents, returning in 2009 to win the outdoor championships at 1500 and 5000 meters. I finally climbed back to the top as age 70–74 runner of the year in 2015. While injuries have taken their toll, I still have 34 individual USATF age-group national championships in the bag, great racing friends and memories, and wonderful BRR teammates. I feel truly blessed.

You joke about tying Frank Shorter in the Olympic Marathon Trials. Please share the details!

In 1968 the first Olympic Marathon Trials were held in Alamosa, owing to its similarity in altitude to Mexico City. I showed up (no qualifying times were needed) along with the few great marathoners of the time and bunch of us scruffy also-rans. The race consisted of five 5.2 mile loops and a two-tenths mile extension to complete 26.2 miles. The heat and my lack of talent caused me to drop out after 15.6 miles. I later learned that an unknown kid of 19 named Frank Shorter had dropped out at the same point. Although Frank probably had been resting in the shade for a good 10 minutes before I showed up, it is forever a "tie" in my log book.

2020 Calendar of Running and Fitness Events

Note: Events listed are only those in which the Boulder Road Runners has significant participation.

ALL RECURRING CLUB EVENTS ARE CANCELLED UNTIL FURTHER NOTICE.

Date, Time	Event	Location	Sponsorship
Recurring Club Events			
1st Mondays, 5:30 pm	BRR Club Social	Avery Brewing	BRR, FREE
3rd Wednesdays, 5:30 pm	BRR Board Meeting	Boulder Insurance Office 800 Jefferson Ave., Louisville	BRR
Sundays, 9:00 am (8:00 am June-Sept.)	BRR Social Run	Bolder Boulder Offices, 5500 Central at 55th, Boulder	BRR, FREE/OPEN
Tuesdays & Thursdays, 7:45 am	Group Training Run/Walk	Colorado Athletic Club, 505 Thunderbird Drive, Boulder	BRR, FREE/OPEN
Saturdays, 7:45 am	Group Run (location depends on weather)	Eagle Trailhead or Left Hand Canyon Trailhead	BRR, FREE/OPEN
Club Races			
November 26, 2020	Boulder Thanksgiving Day 5K	Flatiron Park, Boulder	TEAM, BRR

Free, Open, Weekly Runs in Boulder County

This list will return when we can again run together in groups.



As Always, Thanks to Our Associates and Sponsors!

